



## COURSE OUTLINE: FIT108 - PERSONAL WELLNESS

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Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT108: PERSONAL WELLNESS AND LIFESTYLE CHANGE
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semesters/Terms:</b>	19F
<b>Course Description:</b>	This course will introduce and provide practical application of the concepts of wellness, fitness and lifestyle management. Emphasis will be placed on taking control of individual health and lifestyle habits so that the student can understand the choices and effort necessary to take responsibility for health and well being. Through examination of personal lifestyle and health behaviours the students will gain the understanding necessary to apply these health promoting skills to others.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	OPA101
<b>This course is a pre-requisite for:</b>	FIT153, FIT154, FIT156
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.
	VLO 4 Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.
	VLO 5 Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.
	VLO 6 Train individuals and instruct groups in exercise and physical activities.
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.
	VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.
	<b>Essential Employability Skills (EES) addressed in this course:</b>
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.



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- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

**General Education Themes:** Personal Understanding  
 Science and Technology

**Course Evaluation:** Passing Grade: 50%, D

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Describe the benefits and significance of participating in a lifetime fitness and wellness program.	1.1 Identify leading Canadian health issues related to lifestyle. 1.2 Define physical fitness and health-related and skill-related components. 1.3 Explain the difference between physical fitness and wellness. 1.4 Define wellness and list the dimensions. 1.5 Identify Canadian Physical Activity Guidelines. 1.6 Identify risk factors that may interfere with safe participation in physical fitness activities and prescreening procedures. 1.7 Estimate life expectancy and determine real physiological age. 1.7 Outline guidelines for preventing consumer fraud. 1.8 List factors to consider when selecting a health and fitness club and appropriate exercise equipment.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Explain the components of behaviour change and employ personal behaviour modification strategies.	2.1 Identify barriers to change. 2.2 Explain concepts of motivation and locus of control. 2.3 Identify stages of change. 2.4 Describe processes of change and identify techniques to facilitate change. 2.5 Identify and describe personal SMART goals.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Define nutrition and describe its relationship with health and well-being	3.1 Describe how to use Canada`s Food guide to achieve a balanced diet 3.2 Describe the function of nutrients in the human body 3.3 Conduct a nutrient analysis and suggest healthy changes and strategies for implementation 3.4 Describe the Dietary Guidelines for Canadians
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Explain the concepts associated with body composition.	4.1 Explain the difference between essential fat and storage fat. 4.2 Identify the importance of body mass index (BMI) and waist circumference in the assessment of risk for disease. 4.3 Explain the physiology of weight loss. 4.4 Explain the role of a lifetime exercise program as the key to a successful weight loss and weight maintenance program. 4.5 Describe behaviour modification techniques that assist



		adherence to a lifetime weight maintenance program.
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	5. Demonstrate knowledge and skills related to the development of cardiorespiratory endurance.	5.1 Determine readiness to begin an exercise program. 5.2 Identify, develop and participate in personal aerobic and anaerobic training sessions. 5.3 Participate in cardiorespiratory fitness assessments. 5.4 Interpret assessment results according to health fitness and physical fitness standards. 5.5 Explain the FITT principle. 5.6 Identify and develop personal adherence strategies for exercise.
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Demonstrate knowledge and skills related to the development of muscular strength, muscular endurance and flexibility.	6.1 Identify factors that affect muscular strength, endurance and flexibility. 6.2 Explain health fitness benefits muscular conditioning and stretching. 6.3 Identify, develop and participate in personal muscular conditioning and stretching sessions. 6.4 Participate in strength, endurance and flexibility fitness assessments. 6.5 Interpret assessment results according to health fitness and physical fitness standards. 6.6 Identify contraindicated exercises.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	7. Develop personal plan for physical fitness and wellness.	7.1 Assess current personal health status. 7.2 Participate in initiatives that emphasize promotion of active living and fitness as aspects of total wellness. 7.3 Demonstrate ability to select tools, design strategies, and create an action plan by applying the guiding principles of behaviour change as it relates to active living and exercise. 7.4 Apply knowledge of a broad range of physical activity options 7.5 Develop personal fitness and lifestyle programs based on appraisal results, goals, and stages of readiness for change. 7.6 Identify strategies that support change(e.g., self-contracts, social supports and accountability). 7.7 Monitor exercise and activity programs and adapt and modify, when necessary, to meet the needs. 7.8 Consider issues related to lifestyle (e.g., diet, health-risk behaviours, stressors) into any plans for change.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
1. Assignments	60%
2. Exams	40%

**Date:** August 7, 2019

**Addendum:** Please refer to the course outline addendum on the Learning Management System for further information.